

AMENDMENTS TO THE CLAIMS

This listing of claims will replace all prior versions and listings of claims in the application.

Listing of Claims:

1-53. (canceled)

54. (currently amended) The method of claim 53 A method for producing an image predictive of a person's appearance resulting from following a prescribed regimen, said method comprising:

receiving a first data set associated with said person;

said first data set comprising a body shape designation;

said body shape designation being representative of where fat is located on said person;

creating a first image representative of said person in a pre-regimen condition by modifying a generic image based on said first data set;

receiving a second data set comprising at least one goal desired from said regimen;

creating a second image representative of said person in a post-regimen condition by modifying said first image based on said second data set;

displaying said second image; and

calculating an ideal weight and an estimated body fat percentage for said person;

wherein said estimated body fat percentage is calculated substantially according to the following equation:

Body Fat Percentage = (Essential Fat + Excess Fat) / Body Weight
said Essential Fat being calculated substantially according to the following equation:

Essential Fat = ((Age x 0.001625) + 0.0425) (Ideal Weight).

55. (canceled)

56. (currently amended) The method of claim 55 A method for producing an image predictive of a person's appearance resulting from following a prescribed regimen, said method comprising:

receiving a first data set associated with said person;

said first data set comprising a body shape designation;

said body shape designation being representative of where fat is located on said person;

creating a first image representative of said person in a pre-regimen condition by modifying a generic image based on said first data set;

receiving a second data set comprising at least one goal desired from said regimen;

creating a second image representative of said person in a post-regimen condition by

modifying said first image based on said second data set; and

displaying said second image;

wherein said creating a second image comprises calculation of an age factor; and

wherein said age factor is calculated substantially according to the following equation:

$$\text{Age Factor} = ((-0.000438)\text{Age}^2 + (0.0439)\text{Age}) - 1.$$

57-59. (canceled)

60. (currently amended) The method of claim 59 A method for producing an image predictive of a person's appearance resulting from following a prescribed regimen, said method comprising:

receiving a first data set associated with said person;

said first data set comprising a body shape designation;

said body shape designation being representative of where fat is located on said person;

creating a first image representative of said person in a pre-regimen condition by
modifying a generic image based on said first data set;
receiving a second data set comprising at least one goal desired from said regimen;
creating a second image representative of said person in a post-regimen condition by
modifying said first image based on said second data set; and
displaying said second image;

wherein said at least one goal comprises muscle gain and wherein said muscle gain is calculated
based on at least one of the following factors:

a base muscle gain factor;
a supplement boost factor;
a resistance compliance factor;
an age factor;
a nutrition factor; and
a gender factor;

wherein said base muscle gain factor is selected from the group consisting of:

1/725 if said goal comprises muscle gain only;
1/1087 if said goal comprises muscle gain and fat loss;
1/1450 if said goal comprises fat loss only or health maintenance.

61. (currently amended) The method of claim 59 A method for producing an image predictive
of a person's appearance resulting from following a prescribed regimen, said method
comprising:

receiving a first data set associated with said person;
said first data set comprising a body shape designation;

said body shape designation being representative of where fat is located on said person;
creating a first image representative of said person in a pre-regimen condition by
modifying a generic image based on said first data set;

receiving a second data set comprising at least one goal desired from said regimen;
creating a second image representative of said person in a post-regimen condition by
modifying said first image based on said second data set; and

displaying said second image;

wherein said at least one goal comprises muscle gain and wherein said muscle gain is calculated
based on at least one of the following factors:

a base muscle gain factor;

a supplement boost factor;

a resistance compliance factor;

an age factor;

a nutrition factor; and

a gender factor;

wherein a supplement boost is calculated substantially according to the following equation:

$$\text{Supplement Boost} = 1.0 + ((\text{Days of Resistance Training} / 7 \text{ days})$$

$$\times (\text{Days of Supplementation} / 7 \text{ days})$$

$$\times \text{Supplement Boost Factor}).$$

62. (currently amended) The method of claim 59 A method for producing an image predictive
of a person's appearance resulting from following a prescribed regimen, said method
comprising:

receiving a first data set associated with said person;

said first data set comprising a body shape designation;
said body shape designation being representative of where fat is located on said person;
creating a first image representative of said person in a pre-regimen condition by
modifying a generic image based on said first data set;
receiving a second data set comprising at least one goal desired from said regimen;
creating a second image representative of said person in a post-regimen condition by
modifying said first image based on said second data set; and
displaying said second image;
wherein said at least one goal comprises muscle gain and wherein said muscle gain is calculated
based on at least one of the following factors:
a base muscle gain factor;
a supplement boost factor;
a resistance compliance factor;
an age factor;
a nutrition factor; and
a gender factor;
wherein said resistance compliance factor is calculated substantially according to one of the following:
(a) if said regimen comprises a number of days of resistance training per week which is greater than 4,
$$\text{Resistance Compliance} = (\text{Days of Resistance Training} / 3) + 2.56667$$

(b) if said regimen comprises a number of days of resistance training per week which is less than or equal to 4,

Resistance Compliance = Days of Resistance Training.

63. (currently amended) The method of claim 59 A method for producing an image predictive of a person's appearance resulting from following a prescribed regimen, said method comprising:

receiving a first data set associated with said person;

said first data set comprising a body shape designation;

said body shape designation being representative of where fat is located on said person;

creating a first image representative of said person in a pre-regimen condition by

modifying a generic image based on said first data set;

receiving a second data set comprising at least one goal desired from said regimen;

creating a second image representative of said person in a post-regimen condition by

modifying said first image based on said second data set; and

displaying said second image;

wherein said at least one goal comprises muscle gain and wherein said muscle gain is calculated

based on at least one of the following factors:

a base muscle gain factor;

a supplement boost factor;

a resistance compliance factor;

an age factor;

a nutrition factor; and

a gender factor;

wherein said age factor is calculated substantially according to the following equation:

$$\text{Age Factor} = \text{Age}^2 (0.009835) + \text{Age} (-1.84086) + 84.54923.$$

64. (currently amended) The method of claim 59 A method for producing an image predictive of a person's appearance resulting from following a prescribed regimen, said method comprising:

receiving a first data set associated with said person;
said first data set comprising a body shape designation;
said body shape designation being representative of where fat is located on said person;
creating a first image representative of said person in a pre-regimen condition by
modifying a generic image based on said first data set;
receiving a second data set comprising at least one goal desired from said regimen;
creating a second image representative of said person in a post-regimen condition by
modifying said first image based on said second data set; and
displaying said second image;
wherein said at least one goal comprises muscle gain and wherein said muscle gain is calculated
based on at least one of the following factors:
a base muscle gain factor;
a supplement boost factor;
a resistance compliance factor;
an age factor;
a nutrition factor; and
a gender factor;

wherein said nutrition factor is calculated substantially according to the following equation:

$$\text{Nutrition Factor} = \text{Days/Week on Nutrition Plan} (0.035714286) + 0.75.$$

65. (currently amended) The method of claim 59 A method for producing an image predictive of a person's appearance resulting from following a prescribed regimen, said method comprising:

receiving a first data set associated with said person;
said first data set comprising a body shape designation;
said body shape designation being representative of where fat is located on said person;
creating a first image representative of said person in a pre-regimen condition by
modifying a generic image based on said first data set;
receiving a second data set comprising at least one goal desired from said regimen;
creating a second image representative of said person in a post-regimen condition by
modifying said first image based on said second data set; and
displaying said second image;
wherein said at least one goal comprises muscle gain and wherein said muscle gain is calculated based on at least one of the following factors:
a base muscle gain factor;
a supplement boost factor;
a resistance compliance factor;
an age factor;
a nutrition factor; and
a gender factor;
wherein said gender factor is calculated substantially according to one of the following equations:
(a) if said person is a female,

Gender Factor_{female} = 0.55;

(b) if said person is a male,

Gender Factor_{male} = 1.0.

66. (currently amended) The method of claim 59 A method for producing an image predictive of a person's appearance resulting from following a prescribed regimen, said method comprising:

receiving a first data set associated with said person;

said first data set comprising a body shape designation;

said body shape designation being representative of where fat is located on said person;

creating a first image representative of said person in a pre-regimen condition by

modifying a generic image based on said first data set;

receiving a second data set comprising at least one goal desired from said regimen;

creating a second image representative of said person in a post-regimen condition by

modifying said first image based on said second data set; and

displaying said second image;

wherein said at least one goal comprises muscle gain and wherein said muscle gain is calculated based on at least one of the following factors:

a base muscle gain factor;

a supplement boost factor;

a resistance compliance factor;

an age factor;

a nutrition factor; and

a gender factor;

wherein said muscle gain is calculated substantially according to the following equation:

Muscle Gained / Week = (Resistance Compliance x Base Muscle Gain Factor)

x Supplement Boost

x Age Factor

x Nutrition Factor

x Gender Factor.

67-76. (canceled)